

Healthy Recipes

Black Bean Soup

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|----|---|-----------|--|
| 10 | sun-dried tomatoes
(not packed in oil) | 2 | tablespoons canola oil |
| 1 | cup boiling water | 1 | teaspoon cumin |
| 1 | cup onions, finely chopped | 1/3 | cup water |
| 3 | cloves garlic, minced | 1 (28 oz) | can tomatoes |
| 1 | jalapeno pepper, seeds and
membranes removed, minced | 2 (16oz) | cans black beans,
un-drained cup fresh
cilantro, chopped |

Instructions:

1. Cover the sun-dried tomatoes with the boiling water and set aside
2. In a large pot heat oil and sauté the onions, garlic and jalapeno pepper, stirring frequently until soft
3. Add the cumin, 1/3 cup water and tomatoes
4. Break up any large chunks
5. Bring to a boil
6. Cover and simmer over low heat for 5 minutes
7. Add the un-drained black beans and continue to simmer, stirring occasionally to prevent sticking
8. Drain and chop the sun-dried tomatoes, add to soup
9. Cook 5-10 minutes longer
10. Stir in cilantro
11. Puree half the soup in food processor or blender and return to pot
12. If soup is too thick, add some water or tomato juice
13. Serve with a small amount of light sour cream

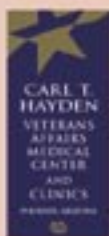
Nutrient information: makes 4-6 servings

Calories: 361 Total Fat: 8.2g Sat Fat: 1.2g

Protein: 19.3g Cholesterol: 0mg Sodium: 7mg

Total Carb: 55.3g Fiber: 19.2g

(adapted from recipezaar.com)



Compliments of the Clinical Nutrition Department

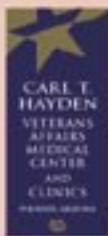
Healthy Recipes

Hearty Salmon Chowder

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|----|--|---|-------------------------|
| 10 | sun-dried tomatoes
(not packed in oil) | 2 | tablespoons canola oil |
| 1 | (7.5 ounces) can salmon,
reserve half of the liquid | 2 | cups diced potatoes |
| 2 | teaspoons trans-fat free mar-
garine | 1 | cup diced carrots |
| 1 | cup chopped onions | 1 | cup chicken stock |
| 1 | cup chopped celery | 1 | cup water |
| 1 | cup chopped sweet green
peppers (optional) | 1 | teaspoon pepper |
| 1 | cloves garlic, minced | 1 | cup zucchini (optional) |
| | | 1 | cup 2% evaporated milk |
| | | 1 | cup cream-style corn |

Instructions:

1. Drain and flake salmon, reserving liquid
2. In large nonstick sauce pan, melt margarine over medium heat
3. Cook onion, celery, green pepper and garlic, stirring often for 5 minutes or until vegetables are tender
4. Add potatoes, carrots, chicken stock, water and pepper
5. Bring to a boil
6. Reduce heat, cover and simmer for 20 minutes or until vegetables are tender
7. Add salmon, reserved liquid, evaporated milk and corn
8. May add more pepper to taste
9. Heat through and serve



Nutrient information: makes 4 servings

Calories: 204 Total Fat: 4.6g Sat Fat: 0.8g

Protein: 15.3g Cholesterol: 29mg Sodium: 464mg

Total Carb: 27.1g Fiber: 3.5g

(adapted from recipezaar.com)

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Healthy Recipes

Hamburger Soup

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|--|---|
| 1 lb hamburger
(use ground round
or <10% from fat) | 6 beef boullion cubes |
| 5 cups water | 2 teaspoons Lawry's
seasoned salt (or Mrs. DASH) |
| 1(16 oz) can tomatoes,
cut up | 1 teaspoon basil |
| 1 onion, chopped (1 cup) | 1 bay leaf |
| 2 medium carrots, sliced
(1 cup) | pepper to taste |
| 1/3 cup barley, rinsed | |
| 1 cup catsup | |

Instructions:

1. Brown hamburger in a large pan breaking up into medium pieces
2. Drain off excess fat
3. Add the rest of the ingredients
4. Bring to a boil; reduce heat and simmer covered for 1 hour or until veggies are tender
5. Remove bay leaf
6. If you have any leftover rice, peas, corn, add them at the end and heat well
7. This soup freezes as long as there is no potato in it.

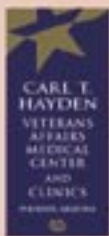
Nutrient information: makes 10 servings

Calories: 138 Total Fat: 5.7g Sat Fat: 2.2g

Protein: 11.2g Cholesterol: 30mg

Sodium: 481mg Total Carb: 11g Fiber: 2.2g

(adapted from recipezaar.com)



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